



Tracking Functional Improvement

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INDUSTRIAL INSURANCE CHIROPRACTIC ADVISORY COMMITTEE

Tracking Functional Improvement

Washington workers comp
law: (WAC 296-20-01002)

“Curative and/or Rehabilitative”

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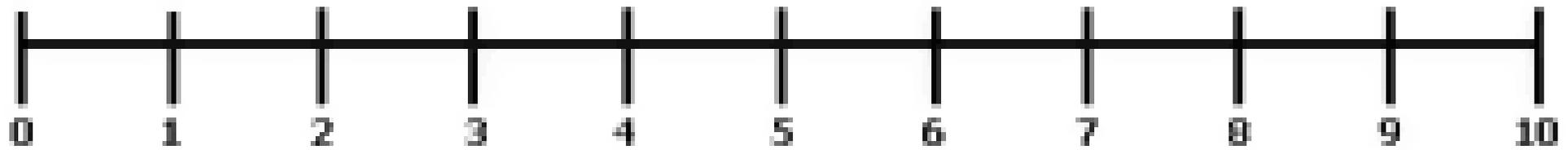
How would you judge patient improvement?

Are you better?



0

NO PAIN



No pain

Moderate pain

Worst possible pain



0
NO HURT

2
HURTS
LITTLE BIT

4
HURTS
LITTLE MORE

6
HURTS
EVEN MORE

8
HURTS
WHOLE LOT

10
HURTS
WORST

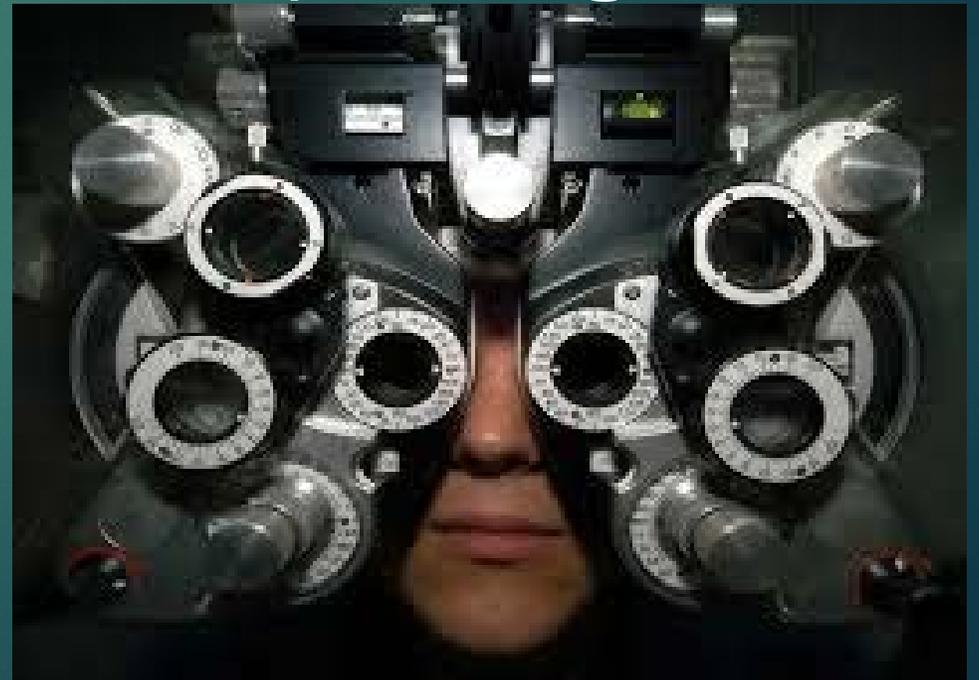


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- ▶ Pt. loss of Locus of control
- ▶ Inadvertent focus on their pain
- ▶ May lead toward Catastrophizing

Is there a better tool?



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- ▶ Types of functional questionnaires or tools
 - Regional
 - General health/Biopsychosocial
 - Condition Specific
 - Physical performance tests

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Regional

- Oswestry
- Roland-Morris
- Neck Disability Index
- QuickDASH
- SPADI
- FAAM (Foot & Ankle Ability Measure)
- PRWE (Pt Related Wrist Evaluation)
- PSFS* (Pt. Specific Functional & Pain Scales)
Pt self-selects activities

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General Health/Biopsychosocial Status

- STarT Back Screening Tool -9
- Tampa Scale
- Yellow Flags Questionnaire
- FRQ
 - Currently in Pilot
 - 4 weeks of time loss
 - 6 questions

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Condition Specific Tool/Resource

- Foot and Ankle
- Shoulder Resource
- CTS Resource (Katz)
- Epicondylitis
- Low back Resource

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Physical Performance Tests

- No standard
- Vary widely in normative data
- Baseline suggested at 2 weeks

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Routine use Anchored/Numerical Scales

Pain Scales

Pain Interference: On a scale of 0-10 how much does your pain/condition *interfere* with your ability to:???? (patient choice)

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Practical Application

- Create a Baseline
 - Anchored numerical for tracking routine progress/activities
 - Regional/condition periodic
 - Psychosocial help ID higher risk of Chronicity
 - Physical performance - meaningful

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Practical Application

- What does it mean?
 - 30% improvement - Meaningful
 - 50% improvement – Substantial
- Not off work

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Practical Application

- Not at work at 4 weeks
 - PGAP (Activity Coaching)
 - Consultation

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Practical Application

Activity Coaching

- Pilot currently
- Case by case basis
- 4 weeks of time loss

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Practical Application

Other LNI programs to aid in RTW:

- Early Return to Work-Regional Offices= Employers
- Stay at Work Program -Employer
- LEP (Loss of Earning Power) –IW
- Work Modification (\$5000)
- Work Source – Employment Security

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To Sum up:

- Look at Function not Pain
- Set a baseline
- Track progress
- Recognize stalled or no improvement
- Utilize LNI Resources

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Thank You